

Amendments to the Specification:

Please replace the paragraph beginning at line 24 on page 6 with the following paragraph:

--Also preferably, the footrest support members 102 are of variable length. In one embodiment, each footrest support member 102 includes a first portion 126 extending from the central mechanical unit 104 and a second portion 128 (preferably lockingly) connectable to the first portion 126 and extending to the flat surface contact member 114. The first portion 126 is pivotably connected to the central mechanical unit 104, such as by a pin 155. (See FIG. 5). The first and second portions 126, 128 connect at a joint 130. The joint 130 is preferably formed by the connection of a protrusion 132 formed at the joining end of one portion 126, 128 and one of a plurality of recesses 134 sized to accept the protrusion 132 and formed in the other member 128, 126. (See FIG. 7A.) Preferably, the protrusion 132 includes a latching portion 136, such as a spring biased wheel or ball. More preferably, the protrusion 132 is positioned to extend downwardly into its matching recess 134. Alternately, the end of one portion 126, 128 may include a plurality of apertures 140 formed therethrough and be sized to slip into the hollow end of the other portion 128, 126, which also includes at least one aperture 140 formed therethrough. (See FIG. 7B.) One or more pins 142 may be slipped through both portions when the apertures 140 are aligned to form a joint 130.--

Please replace the paragraph beginning at line 14 on page 7 with the following paragraph:

--Preferably, a detachable biasing member 146, such as an elastic strap or a spring, extends between the two footrest support members 102 to couple the footrest support members 102 to help facilitate the emulation of running. Such coupling limits the degree to which each support member 102 may pivot about its connection 155 to the central mechanical unit 104. Removal of the biasing member 146 decouples the support members, allowing each respective support member to more freely pivot about its respective connection 155 to the central mechanical unit 104, thus enabling the apparatus 100 to emulate such exercises as skiing or skating.--